



Find Your Purpose in Life  
Presented by Dalien of 13 HANDS/NOMADYOGA  
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Sunday, June 1, 2008 10:00 AM–11:00 AM

### **First you have to believe you have one!**

- Since childhood we all have had an idea, passion or driving force that has made us feel compelled to do what we do. Even people who do bad, terrible things are functioning from an imbalanced form or darker side of their purpose, using their talents and gifts from a place of egocentric focus ... or they are just constipated.
- The environment in which we were raised supports a natural progression into our power, personal voice and identity and can be a crucial time to uncover this inner voice and sense of purpose in the world.
- The stifling (suppression) of our power/independence and the roadblocks it creates.
- This emotional repression or loss of confidence/faith in oneself is the catalyst for the archeological dig we are faced with as we become adults.
- Ways, techniques and activities to uncover the mission that's been suppressed:
  - Dream analysis
  - Astrology
  - Yoga, meditation
  - Shamanism
  - Balanced, healthy lifestyle and cultivate self-awareness
  - Fiber ☺
- Ways to nurture and support the transition to build a new life, change careers or embrace the work of the mind and body to support and trust the inner voice's calling to your purpose!
  - Positive social circle of friends and family who support you!
  - Healthy lifestyle and dietary implementation
  - PATIENCE
  - TRUST
  - FAITH
  - Empowerment practices to believe in oneself
- Power of optimism

### **Exercises With Class Using Visualization and Meditation**

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